



A Course in Miracles Mentoring ©

DAY 3 – Faith, Trust & Surrender

Key Topics:

- What if I lack faith?
- Fear is a sign that you are trusting in yourself
- God is your safety in every circumstance
- Turn over everything that would hurt you
- God is the strength in which I trust
- Recognizing your own frailty is necessary

What if I lack faith?

In A Course in Miracles it says, “It is impossible that the Son of God lack faith, but he can choose where he would have it be. Faithlessness is not a lack of faith, but faith in nothing.” T-21.III.5.1-2 This quote is a reminder that you always have faith. The question is where are you placing your faith?

When you are fearful, you have placed your faith in the idea that something bad might happen. When you are calm, you have placed your faith in the certainty that everything will be OK. This is not something to judge yourself about. It is something to be aware of. The moment you start to feel worried or afraid, you can remind yourself that you are extending your faith towards a fearful outcome, and this will not bring you what you want. With this realization, you can redirect your faith and place it on the peaceful outcome you would like to have instead. Your part is to set the goal of peace, and then have faith in the One Who will accomplish it for you. The Holy Spirit, being your Teacher of Peace, is the one to accomplish your peaceful outcome for you.

Fear is a sign that you are trusting in yourself

The Course states that, “The presence of fear is a sure sign that you are trusting in your own strength. The awareness that there is nothing to fear shows that somewhere in your mind, though not necessarily in a place you recognize as yet, you have remembered God, and let His strength take the place of your weakness. The instant you are willing to do this there is indeed nothing to fear.” ACIM Lesson 48.3.1-3

When you feel fearful, it means that you are trying to solve the problem yourself, and perhaps, by yourself. In ACIM Lesson 47, the Course says, “If you are trusting in your own strength, you have every reason to be apprehensive, anxious and fearful.” This is not because you are flawed

or incapable of solving problems. You are, in fact, perfectly capable of responding to every problem because of the Higher Wisdom that resides within you. However, your mind is still invested in fear and where there is fear, there is doubt, and where there is doubt, there is confusion. While you are in a fearful state of mind, it is important to turn all decision making over to the highest and wisest place of God-Intelligence within you (i.e., the Holy Spirit, your Teacher of Peace). Everyone has this clear and perfect Higher Wisdom within them, though It is not consulted very frequently. Whenever you feel the onset of fear, pause and turn inward, and ask your Teacher of Peace to handle it for you. Your trust in this Higher Wisdom will grow over time as you see all of the peaceful and positive results It brings.

God is your safety in every circumstance

“God is your safety in every circumstance. His Voice speaks for Him in all situations and in every aspect of all situations, telling you exactly what to do to call upon His strength and His protection.” ACIM Lesson 47.3.1-2

Many people do not know God, or know of God, and sometimes they have been taught that God is mean, wrathful, and judgmental. Once you know God personally through your own mind and heart, you will discover that this is completely false. The words “God and Love” are synonymous. In the Course, it says that God is the “Cause and Creator” and you are the “Effect” of the Cause. You cannot be anything other than what the “Cause” intended you to be. You are like the light that shines and extends from the sun. You are the extension of the light, but you are not the source of the light. God is the Source and you are the Effect of the Source. I love knowing this because it reminds me that I always have a place to go, to remind me of my safety and to guide me back to peace.

Turn over everything that would hurt you

There are many definitions for the word “surrender” but the one I like best is, **“to yield or resign in favor of another”**. A Course in Miracles does not use the word surrender, yet it is a good term for turning something over in favor of another. The ego, or the lower part of your mind, would like to define surrender as, “giving up power, losing a battle, or loss of control”. Perhaps this is why the Course does not use that term.

In Chapter 15, it says, “... give the Holy Spirit everything that would hurt you. Let yourself be healed completely that you may join with Him in healing, and let us celebrate our release together by releasing everyone with us. Leave nothing behind, for release is total, and when you have accepted it with me you will give it with me. All pain and sacrifice and littleness will disappear in our relationship, which is as innocent as our relationship with our Father, and as powerful. Pain will be brought to us and disappear in our presence, and without pain there can be no sacrifice. And without sacrifice there love must be.” Ch.15.XI.3

Just think of this. You have the opportunity, right now, to turn everything that is hurting you over to the Holy Spirit, and you can let yourself be healed completely. You may or may not know how to do this yet, and my intention is to make sure that you know how. Every time you practice, this process of “asking for and receiving help” will become clearer, and your mind will become a little lighter and more optimistic each day. You are carrying a load of heavy burdens that need to be released. You are so used to carrying them, that you may not realize they are there. What I can tell you is that once they are gone, you will surely know the difference.

God is the strength in which I trust

There have been days when I have said these words to myself a hundred times at least, “God is the strength in which I trust”. You are learning to trust the highest and wisest part of your true self. You are one with God and the power of God is within you. Your part is to be willing to trust this higher and clearer part of your One Mind, and It will prove Itself to you over time. It’s OK if you don’t feel a deep level of trust yet. Trust is developed through direct experience. Your part is to be willing to trust, and then this Divine Loving Wisdom will prove Itself to you.

I think of it this way. You probably already know what it feels like to try and solve every problem yourself, and for me, my life was a mess as a result. So you might ask yourself this, “What do I have to lose? How about if I choose to trust instead of doubt? Let’s just see what happens!”

You can practice this concept by saying this to yourself frequently, “I do not know the answer here. I am willing to turn this problem over to the Highest Place of Wisdom within me, that always knows the answer and will lead me to a peaceful outcome. I will be guided from there. God is the strength in which I trust.”

Recognizing your own frailty is necessary

The Course says, “The recognition of your own frailty is a necessary step in the correction of your errors... You must also gain an awareness that confidence in your real strength is fully justified in every respect and in all circumstances.” ACIM Lesson 47.4.5

This is an important reminder that you must recognize your own frailty, so you can be willing to receive the help and guidance you are seeking. Frailty does not mean that you are imperfect or less than whole, for you cannot be anything other than what your Creator intended you to be. Your frailty is the result of holding onto fearful thoughts, beliefs, and judgments that have clouded your mind. Once the fog of fear is cleared from your mind, your frailty will disappear also.